

TOTS

New ~ Parent & Me Total Sports Squirts®

The US Sports Institute's Parent & Me Total Sports Squirts program allows children age 2-3 to experience a new sport in each session of the program with a helping hand from Mom or Dad! Children have the opportunity to try T-Ball, lacrosse, soccer, basketball, floor hockey, parachute games and more in a safe and structured environment. The Total Sports Squirts program is ideal for any child that needs a little help from Mom or Dad. This is an excellent opportunity for you to spend quality time together whilst easing your child into social situations with support and confidence, which will enable them to move onto our Total Sports Squirts classes. As with all Squirts programs, the emphasis is on safety, fun and learning. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication.

Day: Sunday

Time: 11:00 – 11:45 a.m.

Dates: 4/27 – 6/15 (7 wks) – no class 5/25

Place: Huckleberry Hill School, front field

Fee: \$105.00

New ~ Total Sports Squirts®

USSI's Total Sports Squirts programs allows children age 3 to 5 to experience a new sport in each session of the program. Participants have the opportunity to try lacrosse, soccer, basketball, t-ball, floor hockey, parachute games and more in a safe, structured environment. The Total Sports Squirts program is ideal for the child who wants to try their hand at a little of everything. As your child develops a favorite sport, they can then move on to one of our sports specific Squirts classes. As with all Squirts programs, the emphasis is on safety, fun and learning. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication.

Day: Sunday

Time: 12:00 – 1:00 p.m.

Dates: 4/27 – 6/15 (7 wks) – no class 5/25

Place: Huckleberry Hill School, front field

Fee: \$125.00

Singing and Signing Time with Ms. Janine at the Bandstand

Singer/Signer/Songwriter/Guitarist, Janine LaMendola *"Ms. Janine"*

will be playing children's music with sign language fun at the Bandstand this spring and summer. It doesn't matter if you come with your infant, toddler or preschooler, or if you're a teenager. You're guaranteed to learn several signs and have fun at the same time! In case of bad weather please join her inside the Town Hall. A sign will be posted as to what room.

All ages welcome!

Spring Session: Wednesday, 4:15 – 5:00 p.m.

Dates: 5/7, 5/14, 5/21, 5/28 (4 wks)

Summer Session: Wednesday, 3:00 – 3:45 p.m.

Dates: 7/9, 7/16, 7/23, 7/30 (4 wks)

Place: Town Hall Bandstand, 100 Pocono Road

Tumbling Tots

Tumbling Tots class follows a curriculum designed to develop self-esteem, strength, flexibility, gross motor skills, and improve your child's overall physical fitness level. This program is open to boys and girls age 2 - 4 without their parent or caregiver participating.

Day: Tuesday

Time: 9:30 - 10:15 a.m.

Session 1: 4/22, 4/29, 5/6, 5/13 (4 wks)

Session 2: 5/27, 6/3, 6/10, 6/17 (4 wks)

Place: Spirit Evolution & Athletics Training Center LLC

Instructor: Erica Rendino Fee: \$49.00/session

Mother's Morning Out

This pre-school readiness program is designed for children age 2 – 5 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class.

Day: Wednesday

Time: 9:15 – 11:15 a.m.

Session 1: 4/23, 4/30, 5/7, 5/14 (4 wks)

Session 2: 5/21, 5/28, 6/4, 6/11 (4 wks)

Place: Congregational Church Room ¾

Day: Friday

Time: 9:15 – 11:15 a.m.

Session 1: 4/25, 5/2, 5/9, 5/16 (4 wks)

Session 2: 5/23, 5/30, 6/6, 6/13 (4 wks)

Place: Congregational Church Room ¾

Instructors: KidsFit Fee: \$87.00/session

Stretch & Glow Yoga Ages 3-6

This class introduces yoga in a way that is playful, imaginative and just right for preschool/Kindergarten! The children's busy imaginations will lead us on exciting yoga adventures. We will visit the jungle to learn Lion Pose, travel to the Arctic for Polar Bear Pose or spend a day at the beach learning Fish and Crab Pose. We will focus on crossing the midline, building core strength, improving balance and releasing energy! This is a drop-off program.

Day: Tuesday

Time: 1:30 – 2:30 p.m.

Dates: 4/22 – 5/27 (6 wks)

Place: SOUND, 31 Hawleyville Road, Newtown

Instructor Kaitlin Dunseith Fee: \$96.00

Story Time Yoga

Especially created for children under age 5 and their caregiver, children's stories and songs will come to life as we read and sing about animals and other nature elements that relate to yoga poses. Children and caregivers will be invited to try each pose and then we will continue on with our song or story. This is a fun and relaxed environment, perfect for introducing the youngest yogis to the joys of reading, singing and yoga! Sibling discounts are available.

Day: Thursday

Time: 9:30 - 10:30 a.m.

Dates: 4/24 – 5/29 (6 wks)

Fee: \$140.00

Place: SOUND, 31 Hawleyville Road, Newtown